

deNutrition (FDNS 1305) Online



Credit: 3 semester credit hours (3 hours lecture)

Prerequisite/Co-requisite: Complete the Online Orientation and answer yes to 7+ questions on the Online Learner Self-Assessment:

<http://www.lit.edu/depts/DistanceEd/OnlineOrientation/OOStep2.aspx>

Course Description

This course is a study of nutrients including functions, food sources, digestion, absorption and metabolism with application to normal and preventative nutrition needs; including nutrient intake analysis, energy expenditure evaluation, and diet planning. *This course is time-bound, structured, and completed totally online.*

Required Textbook and Materials

1. *Nutrition for Foodservice and Culinary Professionals*, 7th Ed., Karen Drummond, Lisa Brefere. Wiley & Co. Publishers, ISBN # 978-0-470-05242-6
2. Study Guide to Accompany Nutrition for the Foodservice and Culinary professionals 7th, ISBN# 978-0-470-28547-3

Course Objectives

Upon completion of this course, the student will be able to:

1. Recall and classify nutrient categories, their functions, digestion, absorption and metabolism. (SCANS: C5.5, C6.5, C7.5, C11.4, C19.3, F2.5, F5.5, F11.5)
2. Recall individual vitamin/mineral deficiencies and toxicities. (SCANS: C5.5, C6.5, C7.4, F2.5, F7.5, F8.4, F11.4)
3. Plan a personalized diet according to the principles of the Exchange List System. (SCAN: C5.5, C6.5, C10.5, C11.4, F6.4, F11.4, F12.5)
4. Cite nutrition-related disease prevention recommendations and nutrient categories; conduct personalized computerized nutrient analysis and calculate personalized energy needs. (SCAN: C5.4, C7.4, C11.4)

SCANS Skills and Competencies

Beginning in the late 1980's, the U.S. Department of Labor Secretary's Commission on Achieving Necessary Skills (SCANS) conducted extensive research and interviews with business owners, union leaders, supervisors, and laborers in a wide variety of work settings to determine what knowledge workers needed in order to perform well on a job. In 1991 the Commission announced its findings in *What Work Requires in Schools*. In its research, the Commission determined that "workplace know-how" consists of two elements: foundation skills and workplace competencies.

Course Outline

1. Introduction to Nutrition.
 - a. Factors Influencing Food Selection

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- b. Basic Nutrition Concepts
 - c. Characteristics of a Nutritious Diet
 - d. Nutrient Recommendations:
Dietary Reference Intakes
 - e. What Happens When You Eat
2. Using Dietary Recommendations, Food Guides, and Food Labels to Plan Menus.
 - a. Dietary Recommendations and Food Guides
 - b. Food Labels
 - c. Portion Size Comparisons
3. Carbohydrates.
 - a. Functions of Carbohydrates
 - b. Simple Carbohydrates (Sugars)
 - c. Complex Carbohydrates (Starches and Fiber)
 - d. Digestion, Absorption, and Metabolism of Carbohydrates
 - e. Dietary Recommendations for Carbohydrates
 - f. Ingredient Focus: High-Fiber Grains and Legumes
4. Lipids: Fats and Oils.
 - a. Functions of Lipids
 - b. Triglycerides
 - c. Essential Fatty Acids: Omega-3 and Omega-6 Fatty Acids
 - d. Cholesterol
 - e. Digestion, Absorption and Metabolism
 - f. Lipids and Health
 - g. Dietary Recommendations
 - h. Ingredient Focus: Milk, Dairy Products , and Eggs
5. Protein.
 - a. Structure of Proteins
 - b. Functions of Proteins
 - c. Digestion, Absorption, and Metabolism
 - d. Protein in Food
 - e. Health Effects of Protein
 - f. Ingredient Focus: Meat, Poultry, and Fish
6. Vitamins
 - a. Characteristics of Vitamins
 - b. Fat-Soluble Vitamins
 - c. Water-Soluble Vitamins
 - d. Ingredient focus: Fruits and Vegetables
7. Water and Minerals.
 - a. Water
 - b. Major Minerals
 - c. Trace Minerals
 - d. Ingredient Focus: Nuts and Seeds
8. Foundations of Healthy Cooking.
 - a. Flavor
 - b. Cooking Methods and Techniques for a Healthy Eating Style
9. Healthy Menus and Recipes.
 - a. Introduction to Healthy Menus
 - b. Breakfast
 - c. Appetizers
 - d. Soups
 - e. Salads and Dressings
 - f. Entrees
 - g. Side Dishes
 - h. Desserts
 - i. Morning and Afternoon Breaks
 - j. Presentation
 - k. Recipes
10. Marketing to Health-Conscious Guests
 - a. Gauging Costumers' Needs and Wants

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- b. Adding Healthy Menu Options to the Menu
 - c. Promotion
 - d. Staff Training
 - e. Program Evaluation
 - f. Responding to Special Guest Requests
 - g. Restaurants and Nutrition Labeling Laws
- 11. Nutrition and Health.
 - a. Nutrition and Cardiovascular Disease
 - b. Nutrition and Cancer
 - c. Nutrition and Diabetes Mellitus
 - d. Osteoporosis
- 12. Weight Management and Exercise
 - a. How Much Should I Weight
- b. Theories of Obesity
 - c. Treatment of Obesity
 - d. Menu Planning for Weight Loss and Maintenance
 - e. The Problem of Underweight
 - f. Nutrition for the Athlete
- 13. Nutrition over the Life Cycle.
 - a. Pregnancy
 - b. Nutrition and Menu Planning During Lactation
 - c. Infancy
 - d. Childhood
 - e. Adolescence
 - f. Eating Disorders
 - g. Older Adults

Grade Scale

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
0 – 59	F

Course Evaluation

Final grades will be calculated according to the following criteria:

Exams	30%
Final Exam	20%
Assignments	30%
Course Participation and Discussions	20%

The instructor will respond to e-mail and voice mail communication within 24 hours Monday through Friday. Assignment grades will be published within 48 hours of the assignment due date. The instructor will log into the course and have online office hours 6:00-7:00 p.m., in the course “Chat Common Room” on Mondays and Wednesdays.

Course Requirements

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1. Each student must log onto Blackboard and access this course a minimum of four times per week.
2. The student will post weekly, online responses to weekly student-to-student and student-to-instructor discussions centered on the “Hospitality Law” chapter scenarios. Due dates for these assignments are shown on the course calendar.
3. The student will complete the online course assignments posted in the weekly folders and corresponding learning modules by the due dates posted in the course calendar.
4. The student will complete the online chapter tests by the due dates shown on the course calendar.
5. The student will complete two field trip projects: a safety/security inspection on a lodging property and an ADA inspection on a restaurant.

Course Policies

1. Cheating of any kind will not be tolerated.
2. The student is responsible for initiating and dropping the course. If a student does not complete the course drop process, they will receive a grade of “F” for the course.
3. Internet Usage. Students are expected to use proper internet etiquette while participating in course emails, assignment submissions, and online discussions.

Technical Requirements

The latest technical requirements, including hardware, compatible browsers, operating systems, software, Java, etc. can be found online at:

<http://kb.blackboard.com/pages/viewpage.action?pageId=25368512>

A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of the online technology and resources.

Disabilities Statement

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the online resource:

<http://www.lit.edu/depts/stuserv/special/defaults.aspx>

Course Schedule

Week	Topic	Reference
1	Course Orientation	Orientation Folder Syllabus Netiquette Link
2	Introduction to Nutrition	Chapter 1 Lecture and Power Point

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Week	Topic	Reference
3	Using Dietary Recommendations, Food Guides, and Food Labels to Plan Menus	Chapter 2 Lecture and Power Point
4	Carbohydrates Test 1: Chapters 1 - 3	Chapter 3 Lecture and Power Point
5	Lipids, Fats and Oils	Chapter 4 Lecture and Power Point
6	Protein Test 2: Chapters 4 - 5	Chapter 5 Lecture and power point
7	Vitamins	Chapter 6 Lecture and Power Point
8	Water and Minerals Test 3: Chapters 6 – 7	Chapter 7 Lecture and Power Point
9	Foundations of Healthy Cooking	Chapter 8 Lecture and Power Point
10	Healthy Menus and Recipes	Chapter 9 Lecture and Power Point
11	Marketing to Health-Conscious Guests Test 4: Chapters 8 – 10	Chapter 10 Lecture and Power Point
12	Nutrition and Health	Chapter 11 Lecture and Power Point
13	Weight Management and Exercise	Chapter 12 Lecture and Power Point
14	Nutrition Over the Life Cycle	Chapter 13 Lecture and Power Point
15	Test 5: Chapters 11 – 13 Final Exam Review and Preparation	All Lectures and Power Points
16	Final Exam	

Contact Information: Varies between instructors